

Full Report (All Nutrients) 01200, Reddi Wip Fat Free Whipped Topping

Report Date: July 11, 2017 14:32 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 4g	1 cup 75g
Proximates						
Water	g	66.44	--	--	2.66	49.83
Energy	kcal	149	1	--	6	112
Energy	kJ	623	--	--	25	467
Protein	g	3.00	1	--	0.12	2.25
Total lipid (fat)	g	5.00	1	--	0.20	3.75
Ash	g	0.56	--	--	0.02	0.42
Carbohydrate, by difference	g	25.00	1	--	1.00	18.75
Fiber, total dietary	g	0.4	1	--	0.0	0.3
Sugars, total	g	16.00	1	--	0.64	12.00
Minerals						
Calcium, Ca	mg	108	1	--	4	81
Iron, Fe	mg	0.03	--	--	0.00	0.02
Magnesium, Mg	mg	8	--	--	0	6
Phosphorus, P	mg	68	--	--	3	51
Potassium, K	mg	108	--	--	4	81
Sodium, Na	mg	72	1	--	3	54
Zinc, Zn	mg	0.31	--	--	0.01	0.23
Copper, Cu	mg	0.019	--	--	0.001	0.014
Selenium, Se	µg	3.0	--	--	0.1	2.2
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.148	--	--	0.006	0.111

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 4g	1 cup 75g
Riboflavin	mg	0.619	--	--	0.025	0.464
Niacin	mg	0.364	--	--	0.015	0.273
Vitamin B-6	mg	0.123	--	--	0.005	0.092
Folate, total	µg	17	--	--	1	13
Folic acid	µg	0	--	--	0	0
Folate, food	µg	17	--	--	1	13
Folate, DFE	µg	17	--	--	1	13
Choline, total	mg	0.0	--	--	0.0	0.0
Vitamin B-12	µg	1.48	--	--	0.06	1.11
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	49	--	--	2	37
Retinol	µg	48	--	--	2	36
Carotene, beta	µg	9	--	--	0	7
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	175	1	--	7	131
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.09	--	--	0.00	0.07
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.0	0.2
Lipids						
Fatty acids, total saturated	g	2.869	--	--	0.115	2.152
4:0	g	0.115	--	--	0.005	0.086
6:0	g	0.115	--	--	0.005	0.086
8:0	g	0.115	--	--	0.005	0.086
10:0	g	0.115	--	--	0.005	0.086
12:0	g	0.118	--	--	0.005	0.088
14:0	g	0.457	--	--	0.018	0.343
16:0	g	1.275	--	--	0.051	0.956
18:0	g	0.561	--	--	0.022	0.421

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tablespoon 4g	1 cup 75g
Fatty acids, total monounsaturated	g	1.250	--	--	0.050	0.938
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	1.250	--	--	0.050	0.938
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.299	--	--	0.012	0.224
18:2 undifferentiated	g	0.185	--	--	0.007	0.139
18:3 undifferentiated	g	0.115	--	--	0.005	0.086
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	16	1	--	1	12
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0